

## Figure 3.5: Finding Your Meaning and Purpose Questions

**Directions:** You will see how writer Emily Esfahani Smith (2017) defines the Four Pillars of a Meaningful Life in the quotes below. Define them for yourself here.

**Belonging:** What are some of the relationships in which you feel valued for who you are? Think of your family and friends. *“Belonging comes from being in relationships where you’re valued for who you are intrinsically and where you value others as well.”*

**Purpose:** How do you use your strength to serve others? How do you contribute and feel needed? *“Without something worthwhile to do—people flounder.”*

**Transcendence:** What activity gets you “in the zone” and helps you lose all sense of time and place? *“Transcendent states are those rare moments when you’re lifted above the hustle and bustle of daily life, your sense of self fades away, and you feel connected to a higher reality.”*

**Storytelling:** What story do you tell yourself about your life, your talents and abilities, and your future? *“Creating a narrative from the events of your life brings clarity. It helps you understand how you became you. But we don’t always realize that we’re the authors of our stories and can change the way we’re telling them.”*

*Source: Adapted from Smith, E. E. (2017, April). Emily Esfahani Smith: There’s more to life than being happy [Video file]. Accessed at [https://ted.com/talks/emily\\_esfahani\\_smith\\_there\\_s\\_more\\_to\\_life\\_than\\_being\\_happy](https://ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy) on December 15, 2018.*